

LEG.

STRENGTH.

S.

H.D.  $\frac{1}{2}$  SGT. STRD. SITT. - (PUSH'G OFF W.  
HANDS) ALT. KNEE STR'G + JD'G.



BD. ST. - SINGLE KN. BD'G + STRETCH'G  
PUSH'G OFF W. A. STETCH'G SIDEW.



S.  
RCH. SQUAT. SIT. - A. PARTING + SLOW  
KN. STRETCH  $\frac{1}{6}$  W. A. LOWER  $\frac{1}{6}$  TO SIDE.



PARTNER

5

OPP. GRASP ST. (W. PARTNER) SLOW HEEL  
RAIS'G + DP. KN. BD'G.

73



S.

O.P.P. CRASP STRD. ST. - SLOW ALT.

DEEP KN. BD'G.



F.

OPP. CRASP SQUAT SITT. - SPRING TO  
SQUAT SITT. POS. ON LOW BAR.



CO. 10 R. 1

01

W.C. ST. - 2 HOPS W. ALT. LEG  
FLING 'G SIDEW.

76



OPP. FT. SUPP. - BACK L LY 'E T. 3D 'E  
FORW TO GRASP STALL BAR.



HANG'G - SINGLE + DOUBLE KN. LIFT'G  
+ STETCH'G + SLOW SINK'G.



RG. BACK LY- QUICK T. BEND'G FOR'W





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